

Working minutes: These minutes have not been approved by RSC.

Minutes for the 224th Regional Service Conference
Central Atlantic Region
December 16th, 2023 via Zoom

Meeting Called to order with the Serenity Prayer at 10:00am-Roland C.

Open Forum began at 10:01am; discussion topics:

1. 10:01 Roland C. shared that a regional inventory was being discussed.
2. 10:04 Etta L. shared that asking the questions and assessing our potential is useful for making an inventory effective.
3. 10:08 David H. shared that prioritizing which action items should be addressed.
4. 10:12 Kim C. shared that a simple inventory has worked great for her Area in the past.
5. 10:15 Sherry V. shared about how planning meetings are crucial to implementation.
6. 10:20 Greg H. shared that a pdf of a motion form was not easily accessible on the site. Ann V. offered to post one on the Zoom chat.
7. 10:31 Roland asked Etta about any direction on the Basic Texts. Etta shared that there is no specific destination, but they are for H&I. A couple cases of Basic Texts are provided (around 5 copies for each area). The questions is around distribution: *how to the Areas receive their earmarked copies?*
8. 10:38 Sherry shared that the absence of the AVCNA event has a lot of
9. 10:41 Rhonda V. shared that the last time that that
10. 10:42 Kim asked about the name of the region convention. She said that there was a moratorium on the name "AVCNA," and that the new
11. 10:45 Etta clarified that we have no voice on it. She elaborated that there are Areas in CARNA (Outer Limits, for example) who have not had representation at RSC in a long time. She suggested that we give them some kind of attention, because they are providing donations to the Region. Some kind of recognition might be a good idea.
12. 10:51 Greg H. provided some policy clarification on quorum and about the attendance by Areas to continue being recognized as part of the Region.
13. Etta added that this is where we

Conclusion of Open Forum

Meeting on break until RSC commences at 11:15am

11:15 Roll Call

Roll Call	Executive Members	224 th December 2023	223 rd October	222 nd August
Chair	Vacant	vacant	present	present
Vice-Chair	Roland C.	present	present	present
Secretary	Lauren H.	present	present	present
Treasurer	Etta L.	present	present	present
Vice-Treasurer	vacant	vacant	vacant	vacant
Regional Delegate	Sherry V.	present	present	present

Working minutes: These minutes have not been approved by RSC.

Regional Delegate Alternate	David H.	present	present	present
Regional Delegate Alternate 2	Vacant	vacant	vacant	present
VRCC Chair/Vice-Chair	Michelle M.	absent	present	absent
Hospitals & Institutions Chair	vacant	vacant	vacant	vacant
Policy Chair	vacant	vacant	vacant	vacant
Public Relations Chair	vacant	vacant	vacant	vacant
Speaker Jam Chair	vacant	vacant	vacant	vacant

Areas	RCM/RCM Alternate	224 th December 2023	223 rd October	222 nd August
Almost Heaven	Jenn D. (alt)	present	vacant	vacant
Appalachian	Kim C., Christina R. (alt)	both present	both present	absent
Beach	Trish F.	present	present	present
Blue Ridge	Rick V.	present	present	present
Gateway to Freedom	Rhonda P.	present	present	present
New Dominion	Chelsea R., Carol M. (alt)	Carol present	Chelsea present	both present
New River Valley	Jeffrey B.	absent	present	present
Outer Limits	vacant	vacant	vacant	vacant
Peninsula	Beverly A.	absent	present	present
Piedmont	Megan O.	both present	both present	both present
Rappahannock	Jay H.	present	absent	present
Richmond	vacant	vacant	vacant	vacant
Roanoke Valley	Greg H., Skeet C. (alt)	Greg present	Greg present	both present
Shenandoah Valley	Sarah M., Robin M. (alt)	Sarah present	absent	both present
Southside	Charlotte H., Mike H. (alt)	both present	absent	both present
Tidewater	Olena P., Colin D. (alt)	Olena present	both present	both present
Tri-Cities	Kelley G., Maria H. (alt)	Maria present	absent	both present

Quorum met. 13 areas present.

Additional members present, but not part of Roll Call: Ann V. of Beach, and Webservant, devyces@gmail.com; Cindy K. of Beach, savedtoserve98@gmail.com, Mark M. of madisonrmark@gmail.com

Purpose: Megan O.

Traditions: Greg H.

Concepts: Rick V.

Working minutes: These minutes have not been approved by RSC.

Motion made to approve the October minutes: Greg H.; Seconded: Kim C. (provided that Motion 223-1, the motion to grant \$300 to Roanoke Valley Area is added to New Business).

Votes to approve: 9

Absentions: 2

October minutes for the 223rd RSC were approved provided that motion 223-1 is added to New Business.

TRUSTED SERVANTS' REPORTS:

Chair Report – chair@car-na.org – **VACANT**

11:33 Vice-Chair Report – Roland C., vicechair@car-na.org

CARNA Vice- Chair Report 12-16-2024

Hello Family,

I attended the scheduled November subcommittee meeting 11-18-23 where a total of 3 to 5 members contributed to the discussions of the day we discussed correcting email addresses and forwarding addresses for the actual email address of record on our official reference material to avoid ghost boxes. Emails are still being filtered to remove any predated mail. All subcommittee email is now forwarded to my vicechair@car-na.org where I will redirect as required or bring to the attention of this body. Currently RD Team, carnadelegateteam.org and policy were some discussed that are in need of corrections. I learned from service members present about Ionos our web hosting company is currently configured to host several URLs and that CARNA is just one of them. We also discussed emails and replies coming from Naws and insuring they get to the rest of the fellowship, RD Team asserted those directed to them will be forwarded. We also discussed <https://na.org/phoneweb/area/regionlookup>, world's new system for regional meeting lookup. We discussed the need for process & Point of contact for CARNA Regional Information Gathering and dissemination when it comes to BMLT and other issues. I was fortunate to finally meet with Ann V and Richard S on 11-7-2023 to discuss several items of interest. I read my notes to members present at the 11-18-23 subcommittee meeting below is a recap of my meeting on 11-7-2023 with Ann and Richard. Questions from Ann V about emails from world bulletin to reiterate WSO will no longer be following local meetings as have been their practice. They are redirecting that task through Regional Delegates. She's hopeful to get a good channel/ path to get messages from delegates like how new meeting id numbers will be granted? Question raised about how virtual meetings database be recorded and made available? Richard has mapped out all zones, regions, areas on the server using a triangular method. Website was redone by Julie (WordPress Site) with 2 different components, ocean_____ and elemental _____. Then other people wanted websites but with no webmaster available they made CARNA a multi-site serving peninsula, Blue Ridge, Appalachians, BRANA, Rappahannock all hosted out of that same site. SSL & domain are the only cost saves money; YAP phone line also runs on that site. Beach, Tidewater and Southside are currently the only standalone areas maintain their own web hosting. Richard has a very proactive PR metro

Working minutes: These minutes have not been approved by RSC.

Committee operating out of Richmond who are committed to maintaining these sites. We learned Richard still has His personal debit card on the Ionos account YAP and Twilio however CARNA Treasurer is working with Him on reimbursements. Richard reported the Va summer institute of addiction studies in His view may not be value added as it is primarily a majority of service providers and no law enforcement or judiciary member participation. Richard also noted in the past funds from this event were used for the speaker jam at FLUVANA women's correction TCU unit.). They also noted DOC is looking for more service in Va Beach Treatment TC units. Comcast/ Cox will run PSA ads once they are paid for. (Note we are anticipating a plan of action from our Treasurer on this matter).

BMLT management since 2008 south of greater NY, WV, VA, MD, DE, Ohio, and Pennsylvania are hosted on Richmond metro site. BREAD/ YAP gives you the latest meeting information. The Richmond PR committee consists of Charles, John M, Tree and a rotating cast of newbies helping Richard with those support database administrative functions. SLACK/ google and someone will hook you up with needed information when we ask. It was said some people opted to use their personal email when conducting regional business. It was said we could set up email forwarding. PR chair from SHEVANA would be helpful or an ADHOC to be accountable to. HTML/MYSPACE website is the current choice. Richard currently conducts no business thru CAR_NA mail or PO bx He uses His home address. That concluded my discussions with Ann and Richard. After meeting with members present all left by 1:45 wherein I fielded a call from the CAR-NA policy Chair Elect where we discuss for the next 30 minutes the need to review and update the CARNA policy Manual. I sent Him the current word version of the policy manual for his review.

ILS.

Roland C.

11:35 Secretary Report – Lauren H., secretary@car-na.org – Please keep an eye out **in your junk/spam folders** if you aren't receiving emails from me. If you have questions, needs, or concerns, please call or text me at 434-995-8268. Thanks!

11:36 Treasurer Report – Etta L., treasurer@car-na.org
224th Regional Service Conference Treasurers report 12/16/23
Good Afternoon,

Our current balance is \$24,144.43 with the prudent reserve at \$18,666.75. Hopefully you have taken the proposed budget for 2024 back to your areas to clear for a vote today.

I met with the Truist Bank Manager Yolanda Johnson to apply for 3 debit cards as passed by our motion to give these to the Delegate Team for travel. Unfortunately, there have been changes Made to the cards and I elected not to apply for them as the treasurer cannot load a certain amount on the cards without them having full access to the entire treasury. I would be able to

Working minutes: These minutes have not been approved by RSC.

lock the amount taken out per day but they would have full access and so I am bringing this to the body to report. There was another card that she said would have worked the way we had wanted but it was discontinued in September. The only other cards they have is a gift card and that will not work for some purchases that they will need. So, currently I have chosen not to go forward without your direction.

I spoke with Cathy Reiner at the VSIA's (Virginia Summer Institutes of Addiction) conference regarding getting our nonprofit rate back for the conference. She said that last year the board discontinued those rates, but she will request that they give the nonprofit rate again. She said that there is no guarantee that they will do such, but she will be in touch after the meeting. They met 12/15/2023. I am now waiting for her response.

I received 2 boxes of books by mail from the ECCNA for the regional distribution of basic texts to their H&I committees to give their area's jails and prisons. I have taken out 5 for Rappahannock and 5 for Almost Heaven as I can make sure that these are delivered and passed the rest back to the Vice Chair to distribute accordingly.

That is all that I currently have to report at this time.
Happy Holidays to all and I look forward to serving in 2024.

ILS
Etta L.

Working minutes: These minutes have not been approved by RSC.

December 2023 Treasurer's Report

Summary		
Starting Balance as of	10/22/23	22,891.54
Income		1,598.66
Expenses		345.77
Current Balance as of	12/16/23	24,144.43
Prudent Reserve		18,666.75
Uncleared Checks		-
Projected World Donation		5,477.68

Income Since Last RSC

Source	Date	Amount	Comment
Southside	15-Dec-23	120.00	donation
Piedmont	15-Dec-23	250.00	donation
Appalacian	15-Dec-23	173.00	donation
Almost Heaven	18-Oct-23	136.51	donation zelle
Almost Heaven	20-Nov-23	255.15	donation zelle
Outer Limits	02-Nov-23	164.00	donation
Outer Limits	02-Nov-23	250.00	donation
Gateway to Freedom	02-Nov-23	250.00	donation
TOTAL		\$ 1,598.66	

Expenses Since Last RSC

Expense Type	Check #	Amount	Payee
A003-Website	0	16.00	ionos
A005-Service Charges	0	1.37	0
A003-Website	0	131.00	ionos
A001-Phoneline	0	40.00	Richard Schellenburg
A004-Teleconferencing	0	157.40	zoom
Total		\$ 345.77	

Working minutes: These minutes have not been approved by RSC.

11:56 Regional Delegate Report – Sherry V., rd@car-na.org

RD Regional Report

December 16, 2023

Hi Everyone

The past two months have been fairly slow. This usually happens at the beginning of the holiday season.

On November 18, 2023, I attended the Conference Participant online webinar. The items discussed.

1. Our World Convention: *The Power of Love!*, August 29-Sept 1 in Washington, DC If you get a room ahead of time cannot convert to NAWs discounts.
2. Seating for main meeting-color coded depending on how early one registers. If you want to sit together for the main meeting register together.
3. Sign up for subscriptions to know when registration will be opened.



WCNA 38 is a registration-required event. Registration badge is required to enter the convention center. All seats to the main meetings and events will be determined by the date of your registration. Your WCNA registration badge gives you admission to the main meetings, coffeehouse events, and dances. All other events require an additional ticket to attend.

WCNA 38 BEGINS THURSDAY MORNING, 29 AUGUST, AND ENDS BY APPROXIMATELY 2:00 PM ON SUNDAY, 1 SEPTEMBER.

REGISTRATION

Pre-registration	ENDS 31 JULY 2024	\$175
Onsite limited registration		\$185

MERCHANDISE

Limited quantities and sizes will be available, so please order early! All pre-registration merchandise will be for the current theme, *The Power of Love*, with the exception of the retro T and the pin set illustrating WCNA 15, *Unified and Staying Alive*, held in DC in 1985.

Special Coffee Mug	\$20
Limited edition, uniquely designed mug celebrating <i>Power of Love</i>	
Embroidered T-Shirt	\$25
Screen Printed T-Shirt	\$20
Unisex Long Sleeved Retro T	\$30
Reversible Bucket Hat	\$20
Unisex Zip Up Hoodie	\$40
Boxed Retro Lapel Pin Set	\$15

CONVENTION EVENTS (limited quantities available)

We are pre-assigning seats for all paid events in the convention center. All seats will be assigned by the date of pre-registration (rather than the date you purchase the tickets). **If you want to sit with friends, you will need to either purchase a table for the food events or purchase tickets on one registration. Otherwise, you will be seated with friends you just haven't met yet!**

WEDNESDAY NIGHT	
Baseball Game	\$50
THURSDAY	
Blues Brunch	Vegetarian option is available \$90
Assigned table for 10 at Blues Brunch	\$900

FRIDAY	
Comedy Show (potentially offensive material)	\$55

FRIDAY	
Jazz Brunch	Vegetarian option is available \$90
Assigned table for 10 at Jazz Brunch	\$900

SATURDAY NIGHT	
Concert (TBD)	
Absolutely no cancellations, exchanges, or refunds after 30 April for merchandise, or 1 June for registration and events.	

WCNA HOTELS

While we realize many people book rooms on their own, you really help the convention when you book rooms in our room block. Rates may not be available after 25 July 2024. Online reservations generate an immediate confirmation

Please help us plan the best WCNA 38 possible by booking your room in our room block! Rooms are assigned when form is received. If first choice is not available, next choice is assigned. Rooms will be added as space is needed.

HOTEL DEPOSIT

\$200 cash/check deposit or credit card guarantee is required for each room and is charged at the time of cancellation or 30 days before the event. **Any reservation cancelled at any time after the reservation is made will incur a cancellation fee** (deducted from cash/check deposits or charged to the credit card used to hold the reservation), based on the following schedule:

- 🕒 Hotel reservation cancellations made on or before 1 August 2024 will be assessed a \$50 cancellation fee.
- 🕒 Hotel reservation cancellations made after 1 August 2024 will be assessed a \$200 cancellation fee.

Go to WWW.NA.ORG/WCNA to make your reservations & for most current information.

Working minutes: These minutes have not been approved by RSC.

Meeting search

1. Do not submit new registrations to NAWS anymore. Whoever is doing your BMLT will be able to do your meeting. Local service bodies will do this.
2. Watch video for more information: www.na.org/meetingsearch
3. There will be a meeting of zones to go over the planning survey that was available to all members. It will probably be NE, SE, AZF zone together. NE and SE are each trying to get it at either the Florida symposium or the NESSNA. 6 virtual meetings....one 2 hour am then break and the 2 hour in pm.
4. There are now profile sessions available on www.na.org dealing with disruptive behavior and gender-neutral and language in NA literature. We did breakout meetings on reimagining and revitalizing service committees and the DRT/MAT and NA draft is out for review.
5. Financial Update: intend to add to overhead, monthly literature numbers have still not reached pre-Covid levels, business plan group is working on the issue of NAWS financial sustainability and any question send to Anthony E at ae@na.org

We then did breakout to gather info on IDT reimagining service delivery. And also working on creating Fellowship Development Basics.

For the service symposiums to attend, I feel I would gather and learn from attending the Florida service symposium March and the Northeast State Service Symposium in April, staying within the allotted budget. I plan to attend MARLCCNA January, but on my own dime.

I plan to attend the AZF Zonal. It is being hosted by the Freestate region. Depending on location will determine if an overnight is needed. The last discussion topic was Future of the AZF.

Any questions please feel free to contact your delegate team delegateteam@car-na.org or svorbach@live.com

YIS

Sherry V RD Central Atlantic Region

12:03 Regional Delegate, Alternate Report – David H., rda2@car-na.org

Dear Family-

Things have been quiet since October but are about to pick up again. Here are upcoming events:

1. The Autonomy Zonal Forum is being hosted by the Free State Region January 13th in Baltimore, MD. I will not be staying at over so the only budget expense I will be seeking is gas at \$50.

Working minutes: These minutes have not been approved by RSC.

2. The Florida Service Symposium will take place in Tampa, FL on March 14-17. Preliminary budget is for Hotel at \$363, airfare of \$559, and three days of per diem at 55 at \$165 for a total of: \$1087
3. The NESSNA will take place April 26-27 in Peabody, MA on April 25-28. Registration is \$25, Hotel is \$310.53, airfare is \$517.77, and three days of per diem at 55 at \$165 for a total of: \$993.30

The per diem rates will be adjusted if the budget passes today.

ILS,
David H
RDA

Regional Delegate, Alternate 2 Report – rda2@car-na.org – **VACANT**

VRCC Report – Michelle M., chair@avcna.org, Absent, no report.

Public Relations Report – pr_chair@car-na.org – **VACANT**

Hospitals & Institutions Chair Report - **VACANT**

Policy Chair Report - **VACANT**

Speaker Jam Chair Report – **VACANT**

End of RSC Executive officer reports

AREA REPORTS:

Almost Heaven Report – Jenn D. (alt) jniferd43@gmail.com

Last ASC held Saturday 12/2/2023-meeting minutes have not yet been sent. Next ASC Saturday 01/06/2024

Upcoming Events: 12-31-2023 NYE sneaker ball 9:00 p.m. & 1st meeting of 2024 at Calvary UMC, Martinsburg, WV

Working minutes: These minutes have not been approved by RSC.

Celebrations:

- 12/20 – Wayne A. 18 years at Keep It Simple
- 12/27 – Rachel L. 6 years at New Image
- 01/03 – Toni B. 4 years at Keep It Simple
- 01/05 – John C. 7 years at Hope & Gratitude
- 01/06 – Jocelyn C. 7 years at New Image
- 01/07 – Karen T. 17 years at End of the Road
- 01/09 – Cara D. 3 years at Spiritual Principles
- 01/10 – Kristen S. 4 years at Keep It Simple
- 01/12 – Joy F. 35 years at Hope & Gratitude

Service meetings:

- 12/16 – Literature Subcommittee at 4:00 p.m. via Zoom
- 12/18 – PR task group 6:00 p.m. at Otterbein UMC Martinsburg
- 12/21 – H&I task group at 6:30 p.m. via Zoom
- 12/28 – LSC (Local Service Committee) at 6:00 p.m. via Zoom
- 01/11 – Policy Subcommittee at 7:00 p.m. via Zoom
- 01/15 – PR task group 6:00 p.m. at Otterbein UMC Martinsburg
- 01/18 – H&I task group at 6:30 p.m. via Zoom
- 01/25 – LSC (Local Service Committee) at 6:00 p.m. via Zoom

Contribution: November \$255.15, December \$93.91 TOTAL \$349.06

Sent \$127.57 in November to RVNA to assist in replacing literature lost in fire.

Number of Home Groups at this time: 15 homegroups (Berkeley Springs meeting closed in November) and 25 meetings a week.

Number of Home Groups that attended ASC: November: 15, December: 12

Status of Area Positions:

- Chair: Filled
- Vice-chair: Filled
- Secretary: Filled
- Treasurer: Filled
- Policy: Filled
- Literature: Filled
- RCM: Open
- RCM-alt: Filled
- VRCC: Filled (Pro-tem)
- VRCC-alt: Open

Working minutes: These minutes have not been approved by RSC.

New Home Groups that have joined the area: none at this time

Meeting Address Changes: none at this time

Information that may affect NA as a whole: none at this time

Mailing Address: PO Box 2641, Martinsburg, WV 25401

***In process of moving to Falling Waters WV Post Office to save money

Website: <https://almosttheavenareana.org>

Where and When ASC is held: First Saturday of the month at 1:30 p.m.

(odd months) Parkside Community Center, 416 Sumans Ave Hagerstown

(even months) Immanuel's House, 713 Buxton St., Martinsburg

H&I Commitments:

Crisis Recovery & Support Center 2nd Tuesday & 4th Thursday

Mountaineer Recovery Center every Wednesday

Tru Healings every Monday

Washington County Detention Center – Men 1st Thursday

**Behavioral Health Unit at Berkeley County Medical Center had a PR presentation & has requested H&I meetings. H&I task group is in the process of setting this up.

In Loving service,

Jenn D., RCM-alt

12:12 Appalachian Report – Kim C. kimcarvente7@aol.com; Christina R. (alt) rchristina459@gmail.com

December 16, 2023

Dear Regional Members,

The Appalachian Area meets the first Sunday of the month. I attended in November and December 2023. The Area meets at 2420 Memorial Ave. Lynchburg, VA at 3:30 pm. We have 7 groups. Present were 6 groups and 1 Alternate GSR present. Our minutes were voted on and passed. Our donation to the Region is \$173.06.

Forum:

Discussion on is there any information on the World Convention.

Lengthy discussion that the VRCC Chair is not fully explaining the loss of funds by our last Atlantic Regional Convention and why we can never get a direct answer. Our VRCC Director and Alternate Director keeps us updated every month. The area's consensus is we feel as if pertinent information is not coming back to the groups. We also discussed why an outside accountant has not been hired to do the report that is done after every convention and did we

Working minutes: These minutes have not been approved by RSC.

file income tax returns for the non-profit. There was discussion on having the Region take over the responsibility of the convention.

Our Area formed an ad hoc committee to have a fundraiser for the upcoming convention in 2025. They met via Zoom on December 10, 2023.

Public Relations is getting very little support.

I attended the ad-hoc committee for the fundraising for the upcoming convention in 2025. As of this writing we have only the date, May 25, 2024.

New Business:

Discussion on IPs to save money by choosing only a few that the groups need.

New Vice Chair of H&I is Jess C.

The Regional Budget was distributed and reviewed, questions asked and it passed unanimously.

There were questions about staying at the VRCC or not. A vote was taken and unanimously voted to stay. The intent was to stay involved, get answers about money, transparency and why can't members of NA attend the meetings, since a couple of members were interested in finding out what it is about.

Old Business:

Our Alternate VRCC said the three (3) places where future conventions will be held.

An Ad Hoc committee was formed to support the upcoming convention with fundraisers. Christina R. was appointed Chair. The first meeting was held for the 2025 Convention December 10, 2023 @ 3:00 pm on the zoom platform. 420 674 9641 Password 870585

Reports:

Chair - no report

Public Relations - There has not been attendance so there was not a meeting.

H&I - The Vice Chair has stepped up because the Chair has had some medical issues. Everything else is status quo.

Working minutes: These minutes have not been approved by RSC.

VRCC - We still do not have an accountant for our annual audit. Available funds \$28,000 - Hotel still in negotiation estimate \$40,000 no contract at this point. \$20,000 needed for funding of merchandise, storage unit and pre-convention / banners.

Celebrations:

Jake H. - 11/22 - 5 years

Wayne H. - 12/15 - 15 years

Danny R. - 12/3 - 1 year

Randy L. 12/17 - 6 years

Patricia F. 12/17 - 9 years

Donna W. 12/24 - 25 year

Autumn - 12/19 - 8 years

Krista B. - 12/19 - 8 years

Darryl N. - 12/20 - 6 year

Ryan T. 11/6 - 1 year

Brother J - 12/23 - 36 years

Evan R. - 1/7/2024 - 3 years

Matilda - 12/30 - 32 years

Iris W. - 1/28/2024 - 35 years

Melanie B. - 1/28/2024 - 1 year Marty H. - 1/10/2024 - 9 years.

Events:

Keep the Faith Group of NA - December 30, 2023 is hosting a "Fresh Starts & New Beginnings bash. 2:00 pm - 10:00 pm - Speakers, food, fun & fellowship.

H&I meets December 16, 2023 @ 1:15 pm 3000 Langhorne Road, Lynchburg, VA

PR met December 9, 2023 (no support) @ 1:30 pm - 3000 Langhorne Road, Lynchburg, VA

In Service & Fellowship,
Kim C., RCM Appalachian Area

12:15 Beach Report – Trish F. trishfurness@yahoo.com

Dear Regional Members,

The Beach Area meets on the first Saturday of the month. I attended in November. We didn't meet in December due to a church function. Area meets at 1200 Dam Neck Road Virginia Beach at 1:00 p.m. We have 17 active groups. Quorum was met in November. Regional donation was for \$937. We are having elections in January to fill all positions except Chair. The ENC

Working minutes: These minutes have not been approved by RSC.

committee is planning a New Year's Eve dance at Good Shepherd Lutheran Church at 1489 Laskin Road, Virginia Beach, VA 23451.

In loving service,
Trish F

12:17 Blue Ridge Report – Rick V. ricksescort@hotmail.com

The last Area Service Committee I attended was on 12/10/23 in Verona, VA. There were 10 people present. We had 4 of 5 eligible for voting present at this meeting, and ten total trusted servants and 1 guest members of NA.

Open forum: Recovery 101 in Buena Vista GSR has resigned from position and will be sending new GSR to next ASC. New meeting lists were distributed, we were able to print more for less money this quarter.

Treasurer, BRANA has a CAR-NA donation of \$ 264.89 is projected CARNA contribution at this time.

Literature Chair, no report

Special Events: Position is open,

Outreach: Meetings to resume at MRRJ, still taking applications, meetings to resume this coming week.

Old Business: Concern about Special Events chair being fit for position, this will be revisited with the chair present next month.

New business: *Nothing to report from my notes, if minutes say otherwise, I will include in next report to the RSC.*

Open Positions: Vice Chair, Policy, RCM alt, VRCC & alt. Special events

Announcements: Literature committee meets at conclusion of ASC every month, next ASC meets on 1/14//24 in Verona, VA at 3 pm.

In Loving Service,
Rick V. 12/16/23

12:20 Gateway to Freedom Report – Rhonda P. rpiser1@hotmail.com

Hi family,

Working minutes: These minutes have not been approved by RSC.

GTFA now has 10 meetings. With 8 homegroups in attendance at ASC. We have a new meeting "Keep it Simple" on Wednesdays at 9am at Fort Recovery. We do not have a donation this month.

We have open positions available at ASC they are Vice Chair, Treasurer, Vice Treasurer, Alternate RCM, Policy, and Outreach. ASC meets the second Saturday of the month at 10am located at Friendship Haven 22 N Mechanic Street. The GTFA mailing address is PO Box 936 Cumberland, MD.

There will be a New Year's Party at Fort Recovery from 8:30 until 1am. All are welcome.

Grateful to be of service,
Rhonda P. RCM.

New Dominion – Chelsea R. chelsearndana@gmail.com and Carol M. (alt) cmcdaid7@icloud.com

All is well with New Dominion. We have a number of events coming up for the holidays. New Dominion has yearly open houses all of those are available on our website <https://rvana.org/>

The last two months we had an average attendance of 22 voting home groups and 30 home groups in attendance total. We have a number of service members Tina S as Chair, John M as Vice Chair, Paula D as Secretary, Hilary A as Literature Chair, and Jenny M as PR. January we have RCM, RCM Alt and H&I Chair are up for election. Living Clean home group raised over \$1000 for the 41st AVCNA. I will be emailing region a flyer for the next Avcna fundraiser on January 13 later today.

ILS,
Chelsea R. and Carol M. (alt)

New River Valley Report – Jeffrey B. pippidemon@gmail.com

New River Valley Area last met on Sunday, December 3rd at Highland Park Community Church in Dublin Virginia. Leaders from our 6 groups were present representing the 11 weekly meetings in our area. The new group, HOPE from Pearisburg Virginia, has been doing well, meeting at Christ Episcopal Church in Pearisburg every Tuesday night at 7:00. Our outreach committee has been working really hard. They got Literature and IPs into Montgomery County jail and placed IPs at various facilities around New River Valley. Their budget was increased to get more literature out and they are planning on bringing another round of flyers with our homegroup information on them into local facilities throughout this month as well. PBP is hosting "A New Day A New Way" on January 1st from 12:30 to 5:30 at 1st Presbyterian Church Annex, 76 4th St. NW Pulaski, Virginia. There will be 2 speakers including Daryl from Roanoke,

Working minutes: These minutes have not been approved by RSC.

a Dirty Santa style sock exchange, taco bar, Clean Times Countdown, and a Literature giveaway. All are welcome.

Thank you for letting me serve, I'm so sorry for missing this weekend. A family event got moved a week early.

Jeffrey B. Addict

Outer Limits Report – VACANT

Peninsula Report – Beverly A. bybea212@yahoo.com Absent, no report.

12:23 Piedmont Report – Megan O. megan@real-it-y.com

Greetings Family,

The Piedmont Area of NA met on November 5 as well as December 3, 2023. As of December 3, 2023, Brian K completed his service position as RCM and our RCM 2, Megan O., was given a vote of confidence to move into the RCM position. We thank Brian for his continued service for our fellowship!

At our November 2023 meeting, which continues to be a hybrid format, we had 11 of our 11 active groups present. At this time, December 2023 meeting minutes are not available.

- Hospitals & Institutions, Anthony M, Chair:
 - Boxwood Regional Treatment Facility in Culpeper (Chris P, Panel Leader), all meetings occurred in October
 - Men's ACRJ (Kyle W, Panel Leader), call scheduled with the new jail contact to resume in person NA meetings
 - Five East (Adult Psychiatric Facility at UVA Hospital) (Connie P, Panel Leader), 2 of the 5 meetings scheduled for October took place, other meetings cancelled due to lack of volunteers.
 - Mohr Center (men's recovery house in Charlottesville) (Ky L, Panel Leader), 3 of the 5 meetings scheduled for October took place, other meetings cancelled due to lack of volunteers
 - Wellness Recovery Center (Patsy G, Panel Leader), 1 of the 2 meetings scheduled for October took place, the other meeting cancelled due to lack of client interest
- Public Relations, Grace H, Chair:
 - Phone Line (Cecily W), Since our last sub-committee meeting the phone line has received no calls

Working minutes: These minutes have not been approved by RSC.

- Meeting List Coordinator (Jodi D), New meeting lists will be distributed at the December 2023 Area Service
- Special Events, Anand H, Chair:
 - A Halloween party was held on Sunday, October 29, 2023 from 7-9p at Immanuel Lutheran Church, estimated attendance was between 40-50 people
 - Next event will be a Holiday Party held on Saturday, January 27, 2023 at Church of Our Savior in the Fellowship Hall
- New Business: None
- Open Positions (PASC):
 - Alternate Secretary
 - Alternate Literature Chair
 - VRCC Alternate Director
 - RCM2
- Open Subcommittee Positions:
 - H&I Vice Chair
 - H&I Panel Leader Women's ACRJ
 - PR Meeting List Coordinator
 - PR Vice Chair
 - PR Phone Line Coordinator

The next PASC meeting is scheduled for 4pm on Sunday, January 7, 2024 at the Church Of Our Savior on Rio Road East in Charlottesville.

ILS,
Megan O., RCM
C: 434-249-8896

12:26 Rappahannock Report – Jay H. jharris.mr89@gmail.com

12/16/2023

224th Regional Service Conference Report, by Jay H. Rappahannock Area RCM 1
Good Morning Regional Members,

The Rappahannock Area Service meets regularly on the 1st Sunday of the month at 4pm. It is a hybrid meeting. Physical location is Trinity Episcopal Church, 825 College Ave, Fredericksburg Va, 22401. The link to our Zoom acct can be found on our website www.rappna.org. We have had 10 out of 12 groups being represented. All groups have been meeting on a regular basis.

Working minutes: These minutes have not been approved by RSC.

During our open discussion, we had concerns over vaping in the meeting spaces and the possibility of losing meeting spaces because of this. The issue was suggested to be taken back to groups individually with an understanding of the importance of our meeting spaces. We generally have 3 main locations for a lot of meetings and activities and cannot afford to lose a meeting space or spaces over such a simple matter.

Current open positions include Secretary 2, RCM 2, and VRCC. In the next three months Secretary 1, Treasurer 1, And H&I chair will all be coming open. Nominations and elections are held at all area service meetings.

Our next ASC will be held on January the 7th. Activities meets the 3rd Saturday of the month. We will be meeting today, 12/16/2023, to discuss our upcoming year calendar of events. Information will be brought forward as it comes forth. H&I meets regularly the 1st Sunday of the month at 3pm directly before our ASC meeting using our area Zoom account.

We currently have 8 to 10 commitments monthly. We meet at Spotsylvania Regional Medical Center on Tuesdays at the Detox facility. And we also have a number of commitments at the Boxwood Regional Treatment Facility. All commitments are currently being met without issue at this time. PR currently has no meeting time or location. It was brought up during open sharing some concern about our active part in the phone line services. We currently have 1 male and 1 female actively listed for our area. One of which is no longer a part of our area due to moving away and the other who participates in service on other levels and is not so active in our area.

Any information as to phone line training or at a minimum recommendations for qualifications for phone line participation would be greatly appreciated. The Convention Committee has begun meeting the 2nd Tuesday of the month at the Christian Brothers Transition Program, 125 Olde Greenwich Dr #100, Fredericksburg Va, 22408. We are currently in the process of filling subcommittee positions so we can begin planning our future events. Our next convention will be held sometime in about 2 years. I do appreciate everyone in attendance here today and look forward to continuing to serve with everyone involved.

Thank you.

Jay H.

540.940.0024

Richmond Report – VACANT

Working minutes: These minutes have not been approved by RSC.

Roanoke Valley Report – Greg H. gregh93@hotmail.com and Skeet C. (alt) collinsskeet5@gmail.com

12/16/23 Roanoke Valley Area of NA report to the Central Atlantic Region of NA

Hello Family,

The Roanoke Valley Area currently has 16 groups with 24 weekly meetings, with our newest meeting (started 12/1) Time for Change which meets Friday nights from 7-8pm. The H&I currently hosts 4 weekly meetings and is working on starting 2 more meetings. Presently all positions are filled. We are currently not above prudent reserve and as such there is not a donation. We are prepared to vote on the regional budget motion today. I will also be submitting a motion for new business.

Area has changed locations due to the recent fire and it appears that this will be our home indefinitely. The body has asked me to send a thank you letter to not only the regional body but to Area's that have provided support considering the fire that took our literature supply. I have attached that to my report (below in italics)

The RVANA ASC meets the 2 Sunday of every month (except January and May) at 1488 Peters Creek Rd, Roanoke VA 24017.

The Mailing address is P.O. Box 3338 Roanoke, VA 24015

Contact: roanokevalleyareaofna@gmail.com website: www.roanokena.com

With Love of the fellowship,
Greg H. RCM RVANA

12/16/23

Hello Family,

A couple of months ago the Roanoke Valley Area of NA suffered a loss of our literature and Area meeting place due to a fire. On behalf of the Roanoke Valley of NA, I would like to express our heartfelt gratitude to The Central Atlantic Region, the New River Valley Area, and the Almost Heaven Area who donated not only funds but literature as well. Without this, there would have been a tremendous gap in our ability to help carry the message to the addict who still suffers. You all have allowed us to continue to help carry the message to the addict who still suffers, and we are very grateful for your support during this time of need. This gesture was a perfect example of what Narcotics Anonymous service is all about and it was such a great experience to witness this level of support. We hope that we will be able to resume donations to the Region once we can work our way out of Prudent Reserve.

Thank you again,

Greg H. RCM on behalf of the Roanoke Valley of NA

Working minutes: These minutes have not been approved by RSC.

12:32 Shenandoah Valley Report – Sarah M. and Robin M. (alt) london13751@gmail.com; graciousmountain@protonmail.com

Dear RSC,

Area events:

Number of groups: 17 active, 2 inactive

Open area positions: Vice Chair, RCM Alt, VRCC alt, Newsletter chair

New groups: None

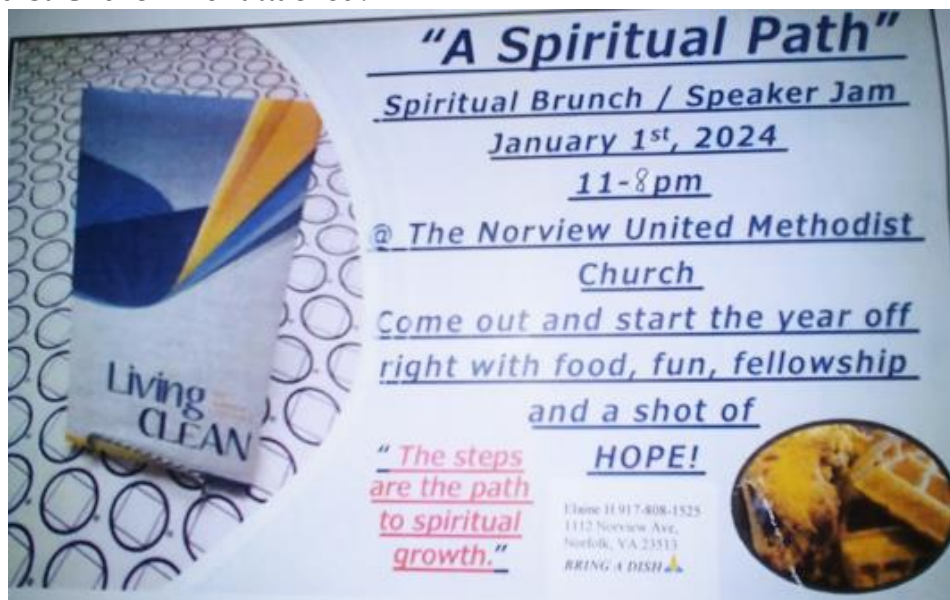
Next ASC: January 8, 2024 6:30 pm. at Canvas Community Church 2333 Roosevelt Blvd. Winchester VA 22601

12:34 Southside Report – Charlotte H. charlottehightower145@yahoo.com – **NO REPORT**
Michael H. was present and said that Charlotte H. would be sending the report.

12:36 Tidewater Report – Olena P. peterolsonena@outlook.com, and Colin D. (alt) dozierstuart@gmail.com

Tidewater Area RCM Report December 16, 2023

Our area met December 10, 2023, at Norview United Methodist Church 2pm. Quorum was met with 17 groups out of 25 active groups. The following Area positions are open, Assistant Treasurer, Public Relations Chair, and Literature Vice Chair. Special Events is having an event "A Spiritual Path" Spiritual Brunch/Speaker Jam, January 1st, 2024, 11am-8pm @ Norview United Methodist Church flier attached.

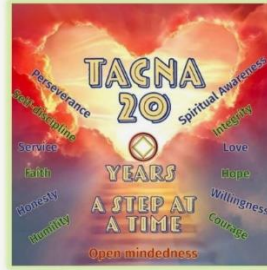


TACNA next fundraiser is a karaoke night awaiting more details. TACNA convention will be February 29 – March 3, 2024. This is a 4-day convention celebrating the 20th Anniversary of TACNA's Conventions flier attached.

Working minutes: These minutes have not been approved by RSC.

TACNA XX
Feb 29-Mar 3, 2024

Norfolk Waterside Marriott
235 E Main Street Norfolk, VA 23510
Reservations: (800) 874-0264
\$132.00 per night
Reservations for your room **available now**
Use Convention Rate Code: **TACNA 2024**



Programing Chair: Shelby J. 757-535-0605

**SUBMIT CD or Electronic media TO: TACNA PO BOX 2833
NORFOLK, VA 23501 - Must be received by Aug. 31, 2023**

**Main Speakers: 5 years min clean time/Workshop Speakers: 3 years min clean time
Workshop Chairpersons: 1 year min clean time**

Additional Convention Activities

Jazz Brunch Friday 12:00pm-2:00pm \$45.00 per person

Banquet Dinner Saturday 5:00pm-7:30pm \$60.00 per person

Registration Chair: Denise J. 757-667-0939

REGISTRATION \$30.00 BY MAIL/MUST BE POSTMARKED BY Oct. 31, 2023

**\$40.00 Nov. 1, 2023 – Until- Feb. 15, 2024
DAY OF CONVENTION \$45.00**

Check or money orders payable to **Tidewater Area Convention of NA**

Registration: **TACNA PO BOX 2833 NORFOLK, VA 23501**

Send Payments via **Zelle: TACNAconvention@gmail.com**

****If using Zelle please indicate what and how many of each item you are paying for****

Registration Quantity: _____ Total: \$ _____
Jazz Brunch Quantity: _____ Total: \$ _____
Banquet Dinner Quantity: _____ Total: \$ _____

Name(s): _____ Email: _____

Address, include State and Zip Code: _____

Phone: _____

H&I held there Learning Day Saturday, November 18, 2023 @ Freemason Street Baptist Church (Norfolk) from 11am – 4pm, participation was good. The Special Events Chair Elain H. is planning an event which promotes Service and Unity. She would like a Regional Delegate to do a presentation on Regional Service and invite speakers from our other regions to participate. It's still in the planning stages. Her contact information is: Elaine H., phone nr. 917-808-1525, ehester1980@gmail.com.

The TASCNA Proposed Budget for 2024 was sent out to homegroups for review. The next Budget Meeting will be February 11, 2024 and I will inquire about a donation for Region. RSC/CAR Motion Number: 223-2 was sent to TASCNA homegroups to Vote on. The homegroups voted at Area December 10, 2023, Motion passed.

In Loving Service,

RCM, Olena P.

Alternate RCM, Colin D.

Working minutes: These minutes have not been approved by RSC.

Tri-Cities Report – Kelley G. geddiekelley@gmail.com; tricitiasasc@rvana.org, Maria H. (alt) mariahawk93@gmail.com;

Hello,

All Tri-cities Area has 8 homegroups. All positions are filled besides RCM Alt for 2024. Area attendance has been low, but we are still carrying the message of hope. We will have some upcoming events for 2024, more will be revealed. Bob G will celebrate 22 years on January 17th at in The Solution homegroup and Susan G will celebrate 31 years on January 31st at the same homegroup. We have a donation of \$31.37. Our next Area Service meeting will be January 7th at Wesley United Methodist Church in Colonial Heights, VA.

In loving service,
Maria H. (RCM Tri-Cites)

End of Area reports by RCMs.

12:51 Old business:

Motion 223-2, the 2024 CARNA budget, was voted on: 3 abstentions, 8 in favor of, 0 against. Motion 223-2 approved.

12:56 Elections/acclimations:

RDA2 position:

Cindy K. was present in the meeting and since the position has been open and announced for 2 election cycles, Roland C. acclimated Cindy K. to the position of RDA2.

Policy Chair position:

Mark M. was present in the meeting and since the position has been open and announced for 2 election cycles, Roland C. acclimated Mark M. to the position of Policy Chair.

Vacant Regional officer positions:

1. Chair
2. Vice-Treasurer
3. H&I Chair
4. PR Chair
5. Speaker Jam Chair.

No nominations for any of these positions were made. **Please be sure to announce these openings across all areas.**

Working minutes: These minutes have not been approved by RSC.

Working minutes: These minutes have not been approved by RSC.

1:10 New Business – **Motion 224-1** was approved 1-10-1 to provide an *additional* \$300 to help Roanoke Valley replenish prudent reserve due to fallout from a fire which resulted in a loss of materials.

CARNA Motion Form

Motion Number: 224-1

Date: 12/16/23

Mover: Greg H. RCM RVANA

Area: Roanoke Valley

Second: Kim C.

Area: Appalachian

Description/Background (Optional):

Intent: **To assist our Area with funds to replenish our literature supply that was lost in a fire.**

Motion: **To approve a Regional funding request for the Roanoke Valley Area in the amount of an additional \$300.**

Vote Tally:

Total Groups Abstaining: 1

Groups: Rappahannock

Total Groups For: 10

Total Groups Against: 1

Next subcommittee meeting: Saturday, January 20th, 2024 at 10-noon on Zoom.

Next RSC meeting: Saturday, February 21st, 2024 at 10-noon on Zoom.

1:22 Megan O. motioned to close the meeting, and Olena P. seconded to close.